

What is the effect of dietary cholesterol intake on risk of cardiovascular disease, including effects on intermediate markers such as serum lipid and lipoprotein levels and inflammation? (DGAC 2010)

Conclusion

Moderate evidence from epidemiologic studies relates dietary cholesterol intake to clinical cardiovascular disease (CVD) end-points. Many randomized clinical trials on dietary cholesterol use eggs as the dietary source. Independent of other dietary factors, evidence suggests that consumption of one egg per day is not associated with risk of coronary heart disease or stroke in healthy adults, although consumption of more than seven eggs per week has been associated with increased risk. An important distinction is that among individuals with type 2 diabetes, increased dietary cholesterol intake is associated with CVD risk.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the effect of dietary cholesterol intake on risk of cardiovascular disease?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Dietary cholesterol and lipid levels](#)

[Copy Of Dietary cholesterol and lipid levels](#)